

# National Soybean Research Laboratory

## Holiday Fruit Braid

*Beautiful but easy, this holiday breakfast bread tastes like it's made with traditional mincemeat. The filling also makes a delicious pie.*

2 tart green apples, peeled, cored and diced  
3 medium carrots, peeled and diced  
2 plums, pitted and diced  
1 cup raisins  
1/2 cup dry textured soy protein  
1/2 cup candied fruitcake mix  
3/4 cup apple juice  
1/2 cup brown sugar  
1/4 cup molasses  
1 tsp. dried orange peel  
1 tsp. allspice  
2 10-oz. tubes refrigerated pizza crusts  
1 egg, lightly beaten



1. Combine all ingredients except for pizza crusts and egg in a medium pot. Bring to a boil, reduce heat and simmer over medium-low heat for about 45 minutes, stirring frequently, until fruit is soft and mixture has thickened. Remove from heat and cool slightly.
2. Preheat the oven to 375°.
3. Open one of the tubes of pizza crusts and place on an ungreased cookie sheet. Press into a rectangle approximately 9" x 14". Spread half the filling lengthwise down the middle third of the dough to 1/2" from each end. With kitchen scissors or a sharp knife, cut strips about 1" apart in the dough on each side of the filling. Cross the dough strips over the top of the filling to give a braidlike effect. Pinch the ends of the dough to seal. Repeat with the other pizza crust and remaining filling on a separate cookie sheet. Brush the beaten egg over the top of both braids. Bake for 20 to 25 minutes, until the crust begins to brown. Remove from the oven and wait about five minutes before slicing each braid into 12 slices.

Makes 2 loaves of 12 slices each. Per serving (1 slice): 155 calories, 3 grams protein, 34 grams carbohydrate, 1 grams fat (0.1 grams saturated)

Make It Easy – Do not cut the sides of the dough. Simply fold the long sides of the pizza crust to slightly overlap on top and pinch down the center and at the ends to seal.

Make It Ahead – Prepare the minced fruit filling up to two days in advance and refrigerate until ready to use.

*The National Soybean Research Laboratory, located at the University of Illinois, promotes soybean research, education and outreach in the areas of production, nutrition, and international development.*